



Dear All

I hope you enjoyed our first newsletter and appreciate your feedback. Please keep your comments coming as it will help us produce a relevant and interesting newsletter.

This month the focus is on sports and recreation. Winter is the worst season for keeping in shape and group sports can help with the motivation and focus on maintaining the beach body we so desire. The feature article for the month is Groenkloof Nature Reserve. After living in Pretoria for almost 14 years it came as a shock to me to discover that less than 10 km from my house is situated a beautiful game reserve which offers a secure environment for game and bird watchers, mountain bikers and hikers. It is perfectly safe and beautifully maintained and boasts some very challenging single tracks for the mountain biker.

I hope you try some of the activities suggested in this issue and if you do, please email us and share your experience. Enjoy!

### GROENKLOOF NATURE RESERVE

Pretoria's best kept secret, this beautiful reserve is in the heart of the city, yet it is quiet and tranquil and boasts a large variety of wild life and vegetation.

#### What to do

Groenkloof Nature Reserve offers a lot of different activities for nature lovers just 5 km out of the city centre.



- Hiking trails:** 18 km of hiking trails
- Horse trails:** Day trail: Guided, min 4, max 6 horses  
Weekend trail: Max 4 hours per day
- Night drives:** 2-hour drive, including use of the lapa
- Mountain bike trail:** ± 20 km route. No helmet, no ride
- Motorcar route:** ± 6 km (interpretation route)
- 4x4 route:** ± 14 km (interpretation route )

### CULLINAN MINE TOUR

The Cullinan Diamond Mine owes its historic fame to the largest diamond uncovered – the Cullinan Diamond.



An influential building contractor named Thomas Cullinan bought the Elandsfontein farm that housed the Cullinan Diamond Mine in 1903. Less than two years later, a rough diamond was found nine metres down and protruding from the sidewall of the pit measuring a staggering 3,106.75 carats. The Cullinan Diamond was established as the greatest diamond ever found, the jewel was named after the mine's owner and sold to the South African government who presented it to King Edward VII on his 66th birthday. The largest diamond the world has ever known was cut into nine major stones and approximately 96 smaller diamonds.

**The Tour-** book a surface and/or underground tour and see diamonds cut into the famous Cullinan Star Cut. Bring enough cash and you can even purchase freshly cut diamonds for your loved one!

**Where:** Diamond Hub, Cullinan Mine, Cullinan  
**Tel:** 012 734 2625  
**Email:** info@cullinandiamonds.co.za  
**Mine tours:** Cullinan Tours, 012 734 0260  
**Email:** cullinantour@mweb.co.za

The town of Cullinan has a large and varied art and life style community, restaurants, accommodation, spas to spend some 'me' time and lots of interesting things to see and do so once you are done with the mine take a stroll through town as well.

**Picnic area:** Exclusively for relaxing after one of the trails (bring your own firewood)

**How to get there:** Groenkloof Nature Reserve is reached via the entrance to the Fountains Valley Resort. Follow the R21 to the Fountains Circle; take the Fountains/Centurion turn-off into Christina de Wit Road. About 500 m further, turn left at the entrance to the Fountains Valley Resort. Over weekends and on public holidays visitors use the alternative entrance gate 800 m from the Fountains Valley Resort main entrance gate.

**Vegetation:** Groenkloof Nature Reserve features low, broken ridges varying in steepness. The vegetation is semi-open thicket, dominated by a variety of woody species including *Acacia caffra*, *Rhus leptodictya*, *Combretum molle* and *Dombeya rotundifolia*.

**Wildlife:** The wildlife on the reserve includes zebra, jackal, duiker, kudu, impala, blue wildebeest, blesbuck, red hartebeest, ostrich, giraffe and sable. The rich bird life will keep bird lovers busy for hours on end.



### IRENE FARM ARTS AND CRAFTS MARKET

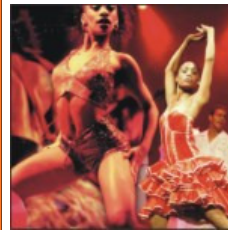
Every second and last Saturday of the month the traffic is bumper to bumper in this otherwise sleepy village South-East of Pretoria when it plays host to what many believe is South Africa's best flea market. Hundreds of cars make their way along the narrow tree-lined avenues to park on a patch of veld next to Smuts House Museum. With a lovely tea garden and live music you can rest your legs and enjoy brunch/lunch in a relaxing environment.



### LADY SALSA AT THE TEATRO MONTE CASINO

Warm up this winter to the hot and spicy beat of Lady Salsa's sizzling Cuban rhythms. The show that Kylie Minogue described as "everything you need for a wild night out, high energy dancing that takes your breath away, hot Cuban beats from a great Salsa band, and some of the most gorgeous dancers you would ever dream of seeing.

Lady Salsa is a spicy Cuban dance and musical spectacular that interweaves the history of the revolution with the history of Cuban music and dance tracing its roots through earthy slave rhythms, the courtly danzón of the nineteenth century, the elegant twentieth century jazz numbers, ending with the exuberant salsa routines for which Cuba is famous.



**When:** 25 July- 9 August 09

**Where:** Teatro Monte Casino

**Bookings:** [www.computicket.co.za](http://www.computicket.co.za)

### THE 2009 NANDO'S MAGALIES ADVENTURE

This 3 day multi-stage mountain biking event will take place over the weekend of the 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> of August 2009.



The event offers some very technical single track and challenging off-road trails. Good use will be made of

In line with the emphasis on original craft and art, only original, hand-made goods are allowed at the market. This way the organisers ensure that no 'assembly-line wares' find their way into the market.

**When:** Every second and last Saturday of the month

**Tel:** 012 667-1659 (09:00 – 12:30)

**E-mail:** irenemkt@mweb.co.za

**Address:** Smuts House Museum, Jan Smuts Ave, Irene

the famous Van Gaalen single track which is legendary in mountain biking circles. Tented accommodation is part of the event as well as the scrumptious Nando's catering. Only 200 teams of 2 will be allowed to participate so entries will close once the number is reached.

Stage 1: 25 km night ride

Stage 2: 75 km day ride on Saturday

Stage 3: 45 km day ride on Sunday

There will also be a one day event featuring a separate 45 km race, The Nando's Mini Magalies Adventure, on Sunday the 16<sup>th</sup> as well as a Kiddies Adventure Race.

**Web:** [www.magaliesadventure.co.za](http://www.magaliesadventure.co.za)

**Where:** Hartebeespoortdam, near the Van Gaalen Cheese Farm

**Tel:** 011 463 7730

**Email:** [raceoffice@magaliesadventure.co.za](mailto:raceoffice@magaliesadventure.co.za)

## YAY! or NAY!



Remember to tell us about your experiences in South Africa, positive or negative, we would love to post them in the next edition and share with everyone interested.

Looking forward to your comments / ideas.

Remember we are always a phone call or email away if you need any advice from shopping to assistance with domestic help, etc.